

TO: Kate Thunstrom, City Administrator
FROM: Todd Schwieger, Police Chief
SUBJECT: Fitness Center Policy
DATE: April 18th, 2022

OVERVIEW:

Physical fitness is an essential part in the daily role of a law enforcement officer. Officers commonly encounter situations that can be physically and mentally demanding. Officers with improved physical fitness can more effectively handle these situations with a lessened likelihood of injury.

The St. Francis Police Department recently introduced a fitness area including fitness equipment to the police department. The St. Francis Police Department encourages its members to maintain a high standard of physical fitness. Department members are given the opportunity to utilize the department fitness center in order to improve and maintain their physical abilities. The benefits of maintaining high levels of physical fitness are plentiful; improved capability to perform specific physical tasks, improved ability to mobilize the body efficiently, improved tolerance to fatigue, improved employee morale, reduced risk during physical tasks, better psychological preparation, reduction in sick time, improved productivity, improved performance, improved abilities off-duty, and increased longevity after retirement.

ACTION TO BE CONSIDERED:

City Council to review and approve the St. Francis Police Department Fitness Center Policy.

BUDGET IMPLICATION:

Supplies including sanitizing spray, sanitizing wipes and paper towels will be purchased as needed out of the current police department operating budget. These supplies will be used to sanitize equipment between uses. Police Department forfeiture funds were used to purchase equipment and supplies in the fitness center.

Attachments:

Fitness Center Policy

Fitness Center

1017.1 PURPOSE

Physical fitness is an essential part in the daily role of a law enforcement officer. Officers commonly encounter situations that can be physically and mentally demanding. Officers with improved physical fitness can more effectively handle these situations with a lessened likelihood of injury.

The St. Francis Police Department encourages its members to maintain a high standard of physical fitness. Department members are given the opportunity to utilize the department fitness center in order to improve and maintain their physical abilities. The benefits of maintaining high levels of physical fitness are plentiful; improved capability to perform specific physical tasks, improved ability to mobilize the body efficiently, improved tolerance to fatigue, improved employee morale, reduced risk during physical tasks, better psychological preparation, reduction in sick time, improved productivity, improved performance, improved abilities off-duty, and increased longevity after retirement.

1017.1.1 POLICY

The St. Francis Police Department recognizes the value of supporting the physical fitness efforts of our members. The department maintains a fitness center to assist in the improvement of the quality of life for employees through the promotion of physical fitness and healthy lifestyles.

1017.1.2 FITNESS CENTER GENERAL RULES

The following rules must be adhered to with the possibility of revocation if found that a personnel member is abusing the privilege:

- (a) Only police department personnel, both licensed and non-licensed can use the fitness center facility. No family members, friends, or other guests are permitted to use the fitness center.
- (b) Department personnel who choose to use the fitness center are required to complete a City of St. Francis Release and Waiver of Liability prior to use.
- (c) Department personnel are allowed to use the fitness center at any hour during their off-duty time.
- (d) All users must report any observed equipment maintenance or malfunction problems promptly to the Police Chief or Sergeant.
- (e) Users must, at all times, while in the fitness center, wear proper attire, including athletic shoes and a shirt. No clothing with offensive language or pictures will be allowed in the fitness center.
- (f) The use of audio devices is allowed at a reasonable volume.
- (g) Users must clean equipment promptly after use with cleaner provided.
- (h) Users are expected to replace equipment on the designated racks or positions. No weight discs are to be left on the equipment.

St. Francis Police Department

Policy Manual

Fitness Center

- (i) All users must abide by the policies contained in the City of St. Francis Personnel Policy and police department policy, including without limitation, the policies prohibiting sexual harassment and discrimination.
- (j) The Police Chief or designee has authority to administer the fitness center, oversee its use, enforce rules, and resolve disputes over use.

1017.1.3 FITNESS CENTER RULES - OFFICERS ON-DUTY

- (a) Officers are allowed to exercise on-duty for a period of time not to exceed 60 minutes. This time is to include the doffing and donning of their uniform and/or the use of showers.
- (b) Officers are only allowed to exercise on-duty if there are at least two additional officers on duty available for call response.
- (c) Officers are required to monitor their portable radios.
- (d) Officers are required to return to their patrol duties if advised by a supervisor and are expected to use common sense regarding street coverage prior to and during their exercise period.
- (e) Officers shall document the on-duty use of the fitness facility on a daily activity log.

1017.1.4 FITNESS CENTER RULES - RECORDS STAFF

- (a) Records staff members are allowed to exercise in lieu of their break period not to exceed 60 minutes.
- (b) Records staff members are only allowed to exercise during working hours if services are not compromised and there is at least one additional staff member available to the public.